



1. Post stuff that will encourage others

You're welcome to write posts that will (1) encourage us to keep trusting Jesus (2) help us to persevere within our trials.

- What's OK to post?

- Links to gospel-focused Christian articles, worship songs, Bible verses, etc.
- Asking for faith-related advice, e.g. "I'm really struggling with church. Does anyone have helpful advice?" or "Does anyone have recommendations for books/articles on prayer? I'm finding it hard to pray lately."

- What's not OK to post?

- Venting/offloading about personal struggles (see #2 below!)
- Info or questions about medical products, health protocols, diets, etc. (there are plenty of other groups where you can talk about these things)



2. Use the Prayer Vine for personal needs

If you're going through a tough time, please feel free to be honest about how you're feeling — the Prayer Vine exists for that purpose! If you're able, include a praise point too. "Giving thanks in all circumstances" (2 Thess 5:17) is a life-giving spiritual habit that we encourage you to practise here.



3. Are you in crisis?

If you're in crisis, you need to contact someone *offline* who can give you one-on-one support, e.g. a doctor, counsellor, pastor or trusted family member. We're not equipped to offer crisis support here, unfortunately.



4. Respect everyone's privacy

Being part of this group requires mutual trust. What's shared in the group should stay in the group. Any breach of privacy will result in immediate removal from the group, for the sake of protecting the other members.



5. Check your Notifications settings!!

Many group members have been missing out on new posts due to their Notifications settings. Make sure you've set your notifications within this group to "See all".